Tele: 26195680 Directorate General NCC

[dirtrgahq-ncc@nic.in](mailto:dirtrgahq-ncc@nic.in) Ministry of Defence

West Block No. IV,

RK Puram, New Delhi-110066

4180/Yoga-20/DGNCC/Trg A 16 Jun 2020

**List ‘A’**

**GUIDELINES FOR CONDUCT OF**

**INTERNATIONAL DAY OF YOGA(IDY) -2020**

1. Further to our letter No 4180/Yoga-20/DGNCC/Trg A dt 23 Apr 2020.

2. In the light of the prevailing Covid 19 situation , this year the International Yoga Day is set to go digital. People are encouraged to practise Yoga at their homes. The IDY 2020 will be “YOGA FROM HOME”. The participants are to learn Yoga from the safety of their homes through various resources made available online. The ‘digital resources for yoga from home’ as informed by Ministry of Ayush are att as Appx A. The feedback form is attached as Appx B. The training sessions on Common Yoga Protocol are also being telecast on DD Bharti and DD Sports from 17 Jun to 20 Jun at 8 am.

3. The details of conduct on 21 Jun 2020 are as under:-

(a) **Time** : 0700-0800 hrs.

(b) **Participation** : Max Cadets to participate individually or with his family from the safety of his/her home.

(c) **Common Yoga Protocol(CYP)** : The Cadets can perform Yoga exercises as per the CYP as taught on TV /Online resources from 17 Jun to 20 Jun or follow live telecast on 21 Jun 2020. Also cadets if desirous, can personally customise a 30 Mins Yoga session and prac accordingly .

4. All directorates are requested to disseminate these guidelines to all Cadets for maximum participation. Also the Cadets must encourage the family members, friends and neighbours for maximum participation in **“Yoga From Home”** and give wide publicity through Social Media.

5. **Feedback**. All Dtes are requested to fwd the feedback on No of Cadets participated in IDY from home as per Appx B att, by 30 Jun to Col Trg A via email ( dirtrgahq-ncc@nic.in).

6. For info and necessary action please.

(Vijay Kumar)

Col

Col Trg

for DGNCC

**AppxA**

(Refers to Para 2 of IDY/DGNCC/Trg (A) dt 16 Jun 2020)

**Digital resources for Yoga from Home**

# **International Day of Yoga (IDY) Videos (Hindi & English) and Links of Videos in 14 Regional Languages**

|  |  |  |
| --- | --- | --- |
| **S. No** | **IDY Videos – Common Yoga Protocol** | **YouTube Video Links** |
| 1. | International Day of Yoga 2019 | Common Yoga Protocol - HINDI | <https://www.youtube.com/watch?v=wgjZ_LyNLRw> |
| 2. | International Day of Yoga 2019 | Common Yoga Protocol- ENGLISH | <https://www.youtube.com/watch?v=K-GJh9GeOxE> |
| 3. | Common Yoga Protocol- Manipuri, International Day of Yoga - 2016 | <https://www.youtube.com/watch?v=iOGza5C9YhI> |
| 4. | Common Yoga Protocol-Kannada, International Day of Yoga – 2016 | <https://www.youtube.com/watch?v=k5W4sR7Ercs> |
| 5. | Common Yoga Protocol- Sanskrit, International Day of Yoga - 2016 | <https://www.youtube.com/watch?v=KYDVngTkslo> |
| 6. | Common Yoga Protocol-Marathi, International Day of Yoga - 2016 | <https://www.youtube.com/watch?v=JNvyqnlOYTY> |
| 7. | Common Yoga Protocol- Malayalam, International Day of Yoga - 2016 | <https://www.youtube.com/watch?v=ijJQAw-_XO8> |
| 8. | Common Yoga Protocol-Bengali, International Day of Yoga - 2016 | <https://www.youtube.com/watch?v=oUlZzBbXz_U> |
| 9. | Common Yoga Protocol- Kashmiri, International Day of Yoga - 2016 | <https://www.youtube.com/watch?v=06h8PrIon3Y> |
| 10. | Common Yoga Protocol-Tamil, International Day of Yoga - 2016 | <https://www.youtube.com/watch?v=x_d3Ay7iy3c> |
| 11. | Common Yoga Protocol-Urdu, International Day of Yoga - 2016 | <https://www.youtube.com/watch?v=PWwp4KDQRwQ> |
| 12. | Common Yoga Protocol-Telgu, International Day of Yoga - 2016 | <https://www.youtube.com/watch?v=hKUqsrAXC34> |
| 13. | Common Yoga Protocol-Assamese, International Day of Yoga - 2016 | <https://www.youtube.com/watch?v=PEkxjWdNUU0> |
| 14. | Common Yoga Protocol-Punjabi (Full Version), International Day of Yoga - 2016 | <https://www.youtube.com/watch?v=LK4ZoeTKOdY> |
| 15. | Common Yoga Protocol-Oriya (full version), International Day of Yoga - 2016 | <https://www.youtube.com/watch?v=sqEHmSMCgt4> |
| 16. | Common Yoga Protocol-Gujarati (Full Version), International Day of Yoga - 2016 | <https://www.youtube.com/watch?v=0Bsb01XaCfc> |

# **Links of Ministry of AYUSH Website, Social Media Handles & Institutes**

| **S.No** | **Ministry of AYUSH/ Institutes** | **Website Links** |
| --- | --- | --- |
| 1. | Ministry of AYUSH Website | <https://main.ayush.gov.in/> |
| 2. | Yoga Portal – Ministry of AYUSH | <https://yoga.ayush.gov.in/yoga/> |
| 3. | Ministry of AYUSH – Facebook Page | <https://www.facebook.com/moayush/> |
| 4. | Ministry of AYUSH – Twitter | <https://twitter.com/moayush> |
| 5. | Ministry of AYUSH – Instagram | <https://www.instagram.com/ministryofayush/?hl=en> |
| 6. | Morarji Desai National Institute of Yoga (MDNIY) | <http://www.yogamdniy.nic.in/> |
| 7. | Central Council for Research in Yoga & Naturopathy (CCRYN) | <http://ccryn.gov.in/> |
| 8. | National Institute of Naturopathy (NIN), Pune | <http://punenin.org/index.htm> |
| 9. | ShriAmbikaKutir | [www.ambikayogkutir.org](http://www.ambikayogkutir.org) |
| 10. | Parmanand University Trust (Parmanand Institute of Yoga Sciences and Research) | [www.parmyoga.org](http://www.parmyoga.org) |
| 11. | Sri Sri School of Yoga | [www.srisrischoolofyoga.org](http://www.srisrischoolofyoga.org) |
| 12. | The Yoga Institute | [www.theyogainstitute.org](http://www.theyogainstitute.org) |
| 13. | PatanjaliYogpeeth (Trust) | [www.divyayoga.com](http://www.divyayoga.com) |
| 14. | Swami Vivekananda Yoga Anusandhanasamsthana(S-VYASA) | [www.svyasa.edu.in](http://www.svyasa.edu.in) |
| 15. | KaivalyadhamaShrimanMadhav Yoga MandirSamiti, Kaivalyadhama Yoga Institute | [www.kdham.com](http://www.kdham.com) |
| 16. | Krishnamacharya Yoga Mandiram | [www.kym.org](http://www.kym.org) |
| 17. | Yoga Vidya Gurukul | [www.yogavidyagurukul.org](http://www.yogavidyagurukul.org) |
| 18. | DevSanskritiVishwavidhyalaya | <http://www.dsvv.ac.in/> |
| 19. | Hata Yoga Abhyaasa and Prachaara Trust | [www.a1000yoga.com](http://www.a1000yoga.com) |
| 20. | Yoga Niketan Trust | [www.yoganiketan.org](http://www.yoganiketan.org/) |
| 21. | Lovely Professional University | <https://www.lpu.in/> |

**AppxB**

(Refers to Para 2 of IDY/DGNCC/Trg (A) dt 16Jun 2020)

**FEEDBACK**

**IDY PARTICIPATION 2020 – 21ST JUNE 2020**

|  |  |  |  |
| --- | --- | --- | --- |
| **S. No** | **Name of organization/ institute** | **Location** | **Number of Participants(**Yoga@Home) |
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